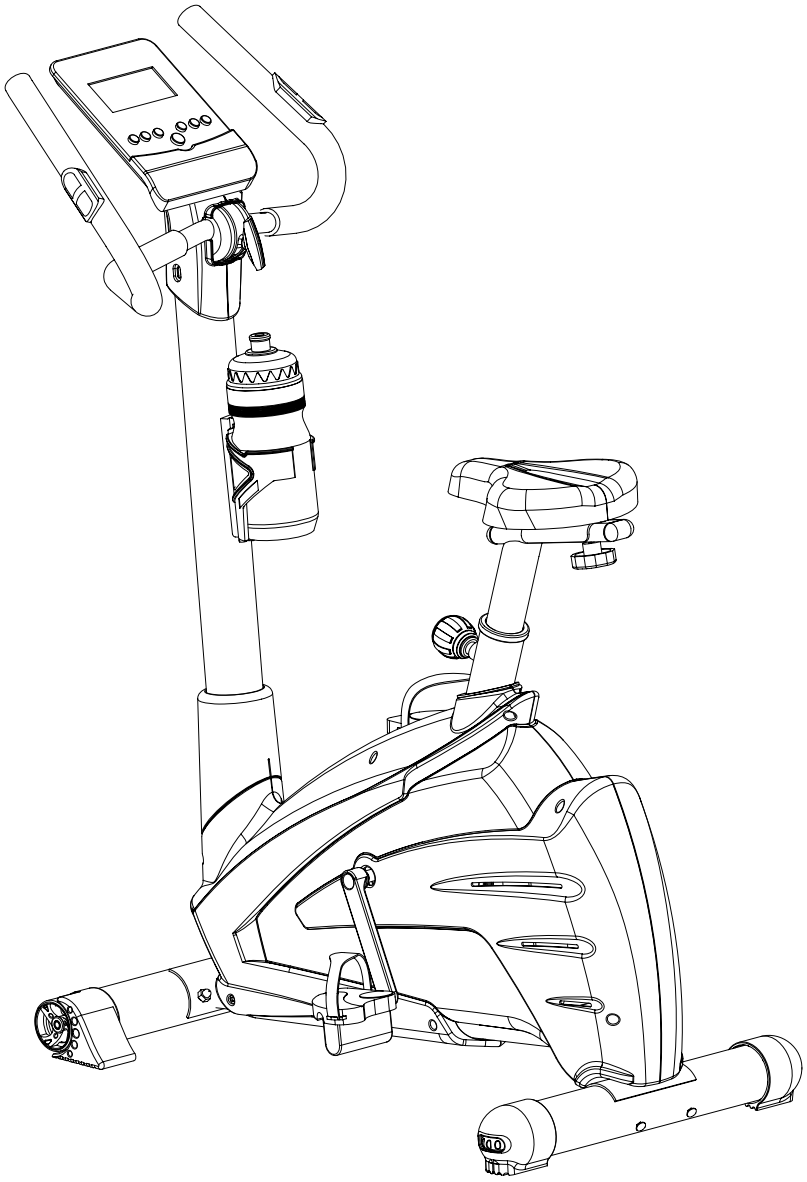
BODYWORX

Upright Bike
Owner's Manual

Model No: A805



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

Safety Instructions

• To ensure the best safety of the exerciser, regularly check it for damage and worn parts.

• If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.

• Only one person should use the exerciser at a time.

• Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.

• Before you start your work-out, remove all sharp-edged objects around the exerciser.

• Only use the exercise for your work-out if it works flawlessly.

• Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.

• Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.

• If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.

• Make sure there is sufficient free space around the exerciser when you set it up.

• To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting may place them at risk .

• Please note that an improper and excessive work-out may be harmful to your health.

• Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.

•When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.

•Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.

•Be sure to consult a physician or exercise professional before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for your work-out and sensible eating habits.

• Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the floor particularly against pressure points, contamination, etc. it is recommended to put a suitable, non-slip mat under the exercise

• The general rule is that exercisers and training devices are not toys. Therefore, they must only be used by properly informed or instructed persons

•Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. If in any doubt, consult your physician immediately.

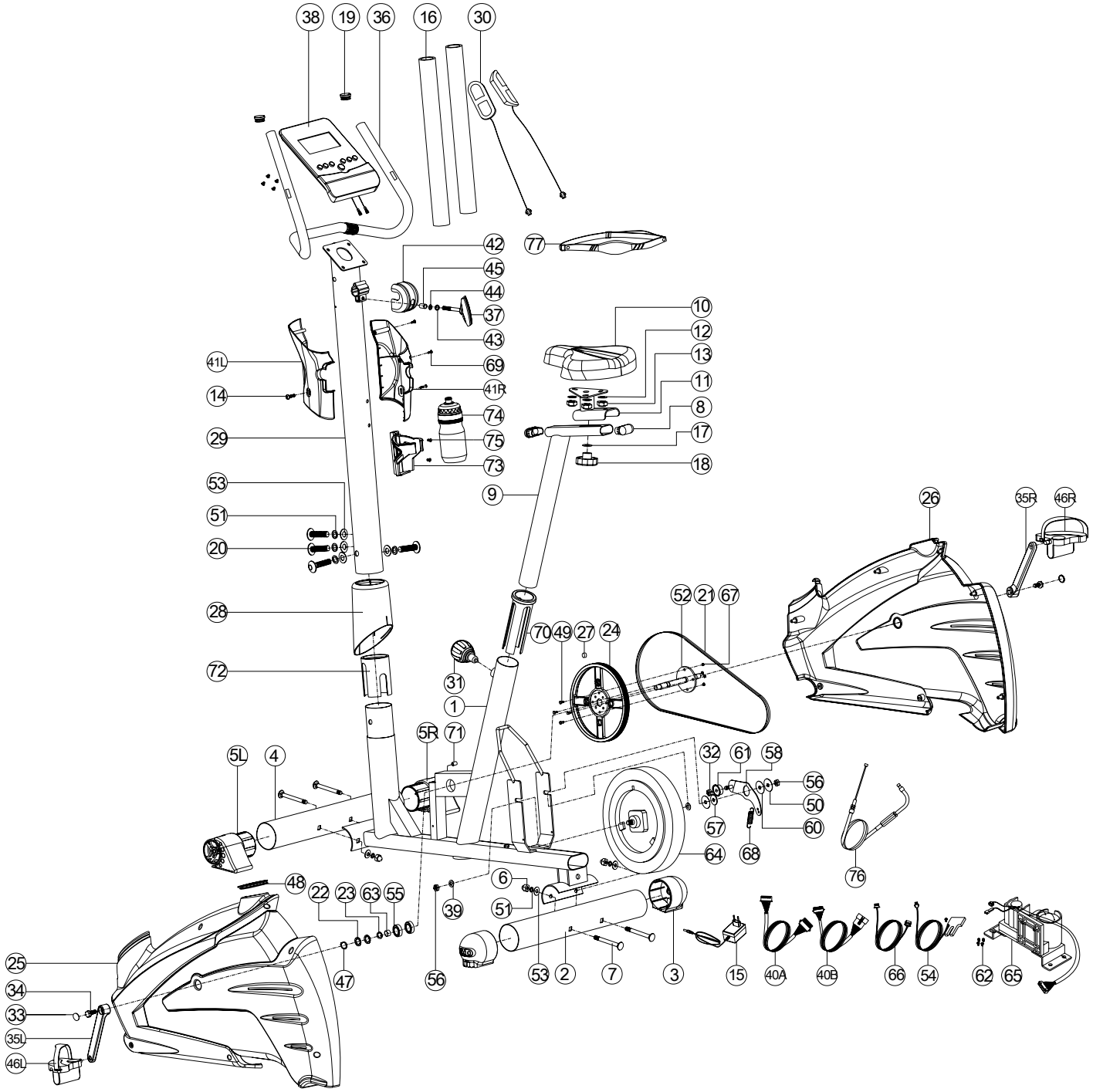
•Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.

•Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use

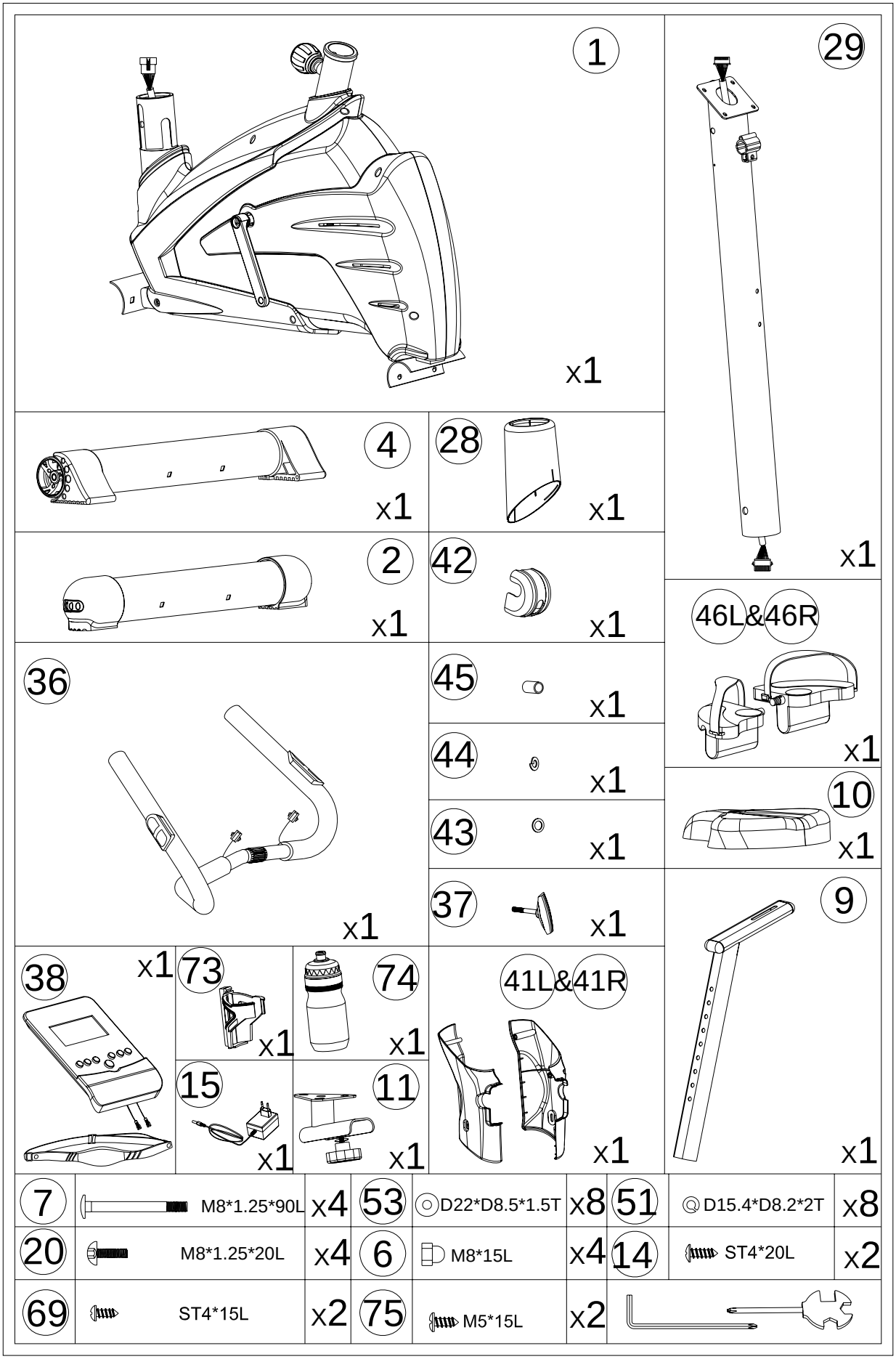
•When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, and seat height post .

•Do not work out immediately after meals!

Exploded drawing:



Checking list:

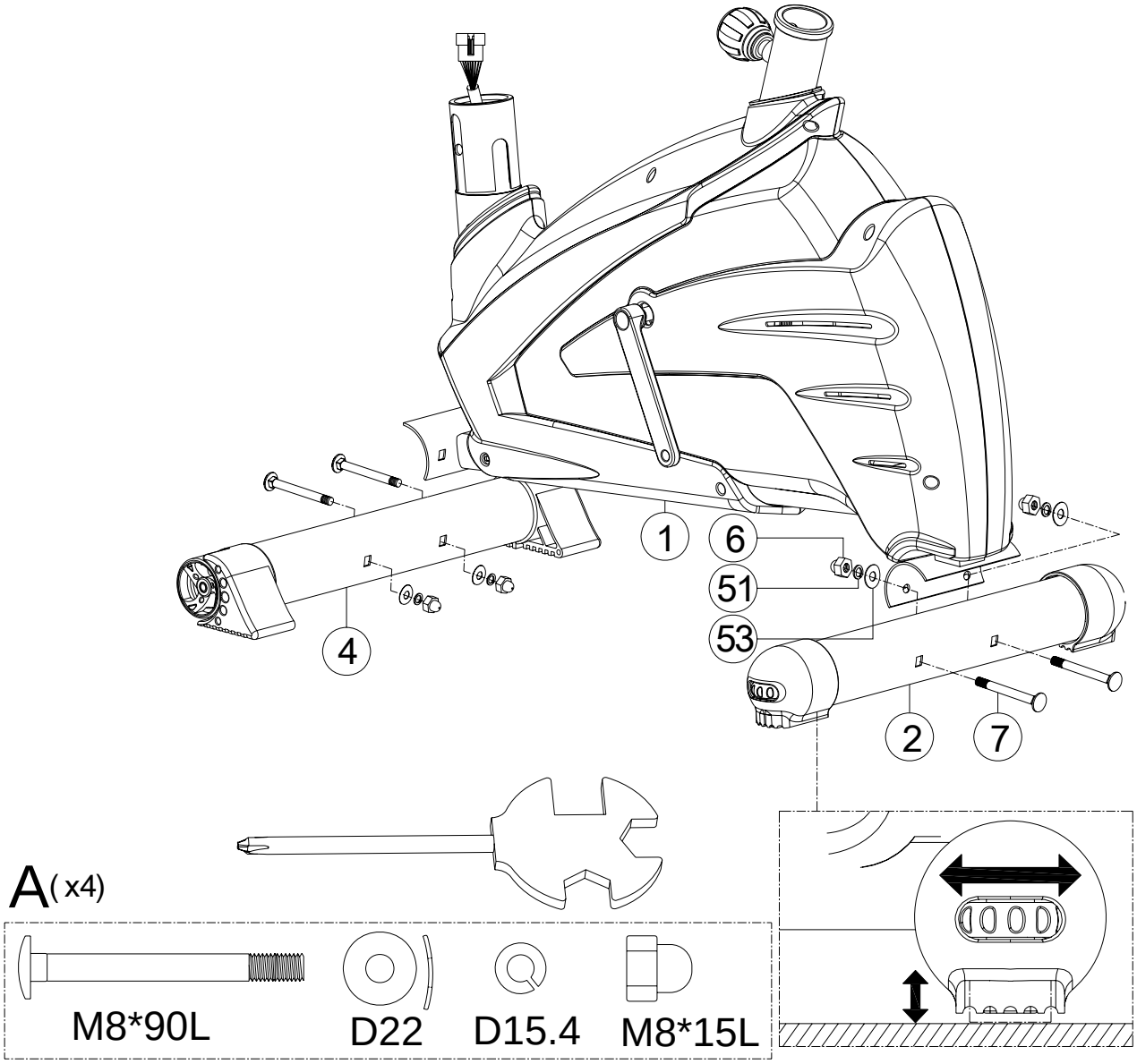


Part list:

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main frame	1	39	Flat washer D22*D10*2T	2
2	Rear stabilizer	1	40A	Upper computer cable 1000L	1
3	Adjustable foot cap	2	40B	Lower computer cable 600L	1
4	Front stabilizer	1	41L	Left computer bracket	1
5L	Left foot cap	1	41R	Right computer bracket	1
5R	Right foot cap	1	42	Cover 80.6*56*52.5	1
6	Domed nut M8*1.25*15L	4	43	Flat washer D16*D8.5*1.2T	1
7	Square neck bolt M8*1.25*90L	4	44	Spring washer D15.4*D8.2*2T	1
8	Oval cap 25*50*32L	2	45	Bushing D8.2*D12.7*33	1
9	Seat post	1	46L/46R	Pedal	1
10	Seat	1	47	C-ring S-17 (1T)	1
11	Adjustable seat tube	1	48	Protective ring for chain cover	1
12	Flat washer M8	3	49	Bolt M6*1.0*15L	4
13	Nylon nut M8	3	50	Flat washer D50*D10*2.0T	1
14	Screw ST4*1.41*20L	2	51	Spring washer D15.4*D8.2*2T	8
15	Adapter	1	52	Crank axle	1
16	Foam (HDR) D30*5.0T*590L	2	53	Curved washer D22*D8.5*1.5T	8
17	Flat washer D25*D8.5*2T	1	54	Sensor cable 100L	1
18	Screw knob D60*32L (M8*1.25)	1	55	Bearing #6003ZZ	2
19	Mushroom Cap D1/1/4"*29L	2	56	Anti-loose nut 3/8"-26UNF*6.5T	2
20	Allen bolt M8*1.25*20L	4	57	Fe flat washer D30*D10*3.2T	1
21	Multi-groove belt	1	58	Fixing plate for idle wheel	1
22	Waved washer D22*D17*0.3T	2	60	Plastic flat washer D50*D10*1.0T	2
23	Flat washer D23*D17.2*1.5T	1	61	Idle wheel	1
24	Pulley	1	62	Screw ST4.2*1.41*15L	4
25	Left chain cover	1	63	Spacer D22.5*D17.2*6.4T	1
26	Right chain cover	1	64	Magnetic system	1
27	Round magnet	1	65	Motor	1
28	Upper protective cover	1	66	Electric cable 700L	1
29	Handlebar post	1	67	Nylon nut M6*1.0*6T	4
30	Handle pulse	2	68	Spring D2.2*D14*65L	1
	Handle pulse cable 600L	2	69	Screw ST4*1.41*15L	2
31	Ball knob D50*M16*22*D8	1	70	Inner tube D66*D50.3*170L	1
32	Nylon nut M10*1.5*10T	1	71	Buffer	1
33	Bolt cap D23*6.5	2	72	Inner tube D71.5*100L	1
34	Bolt M8*1.25*25	2	73	Bottle holder	1
35L	Left crank	1	74	Bottle	1
35R	Right crank	1	75	Screw M5*0.8*15L	2
36	Handlebar	1	76	Tension cable D1.5x400	1
37	T-shaped knob M8*1.25*65	1	77	Chest belt	1
38	Computer SM2780-71	1			

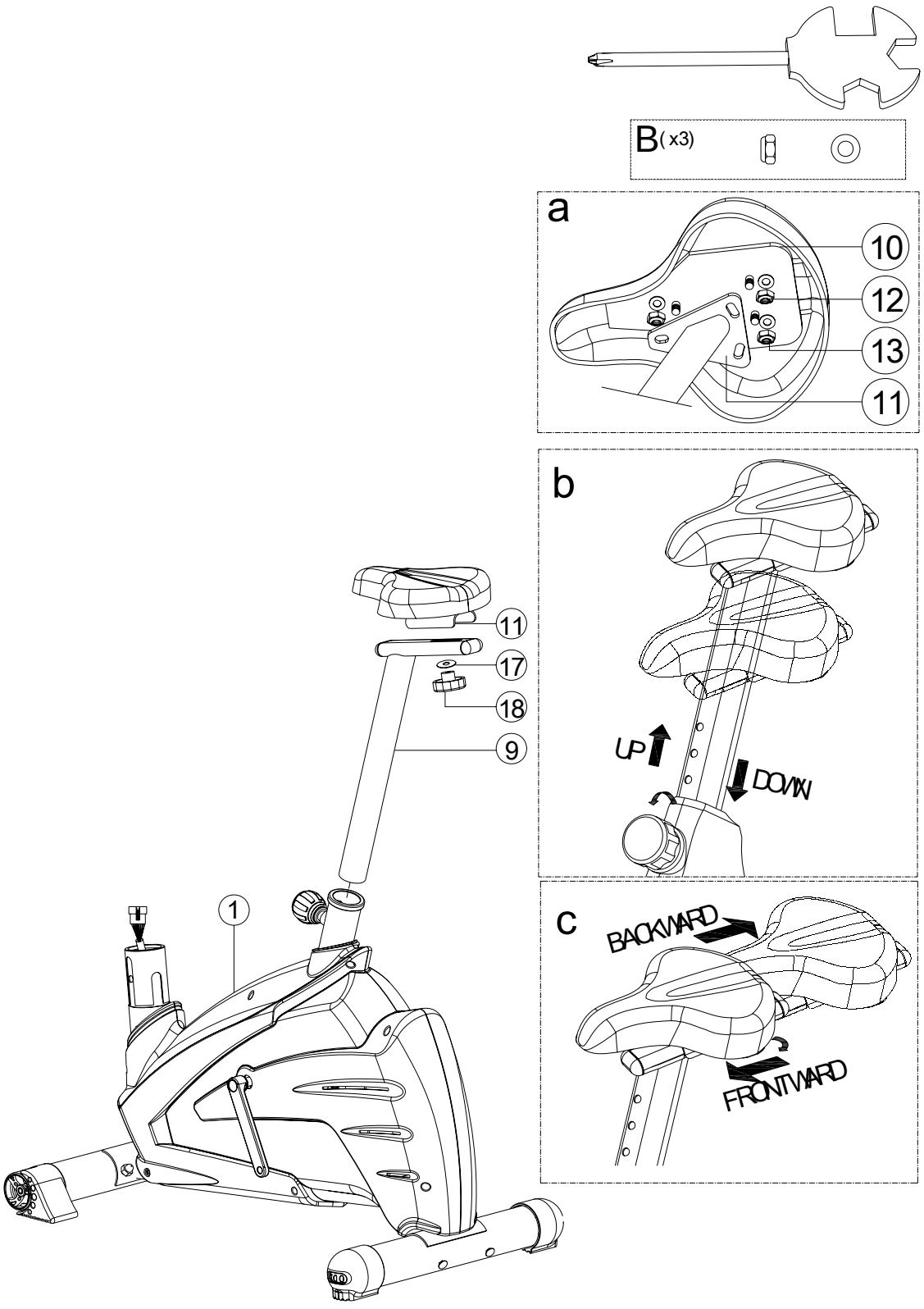
Assembly drawing:

Step 1



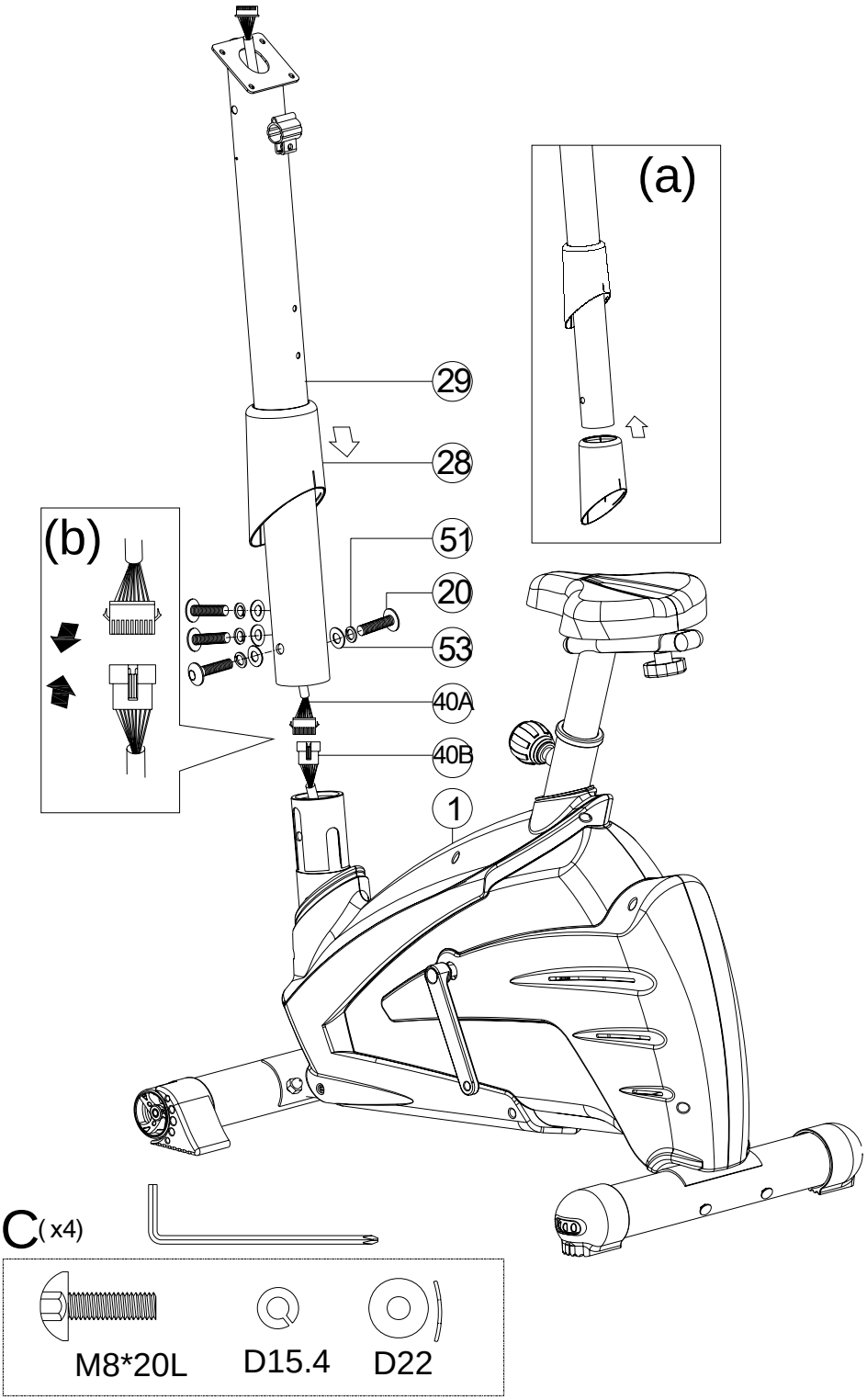
1) Assemble the front stabilizer (4) and the rear stabilizer (2) to the main frame (1) by the bolt (7), the spring washer (51), the curved washer (53) and the domed nut (6).
2) The height of the adjustable foot cap on the rear stabilizer could be adjusted up and down.

Step 2



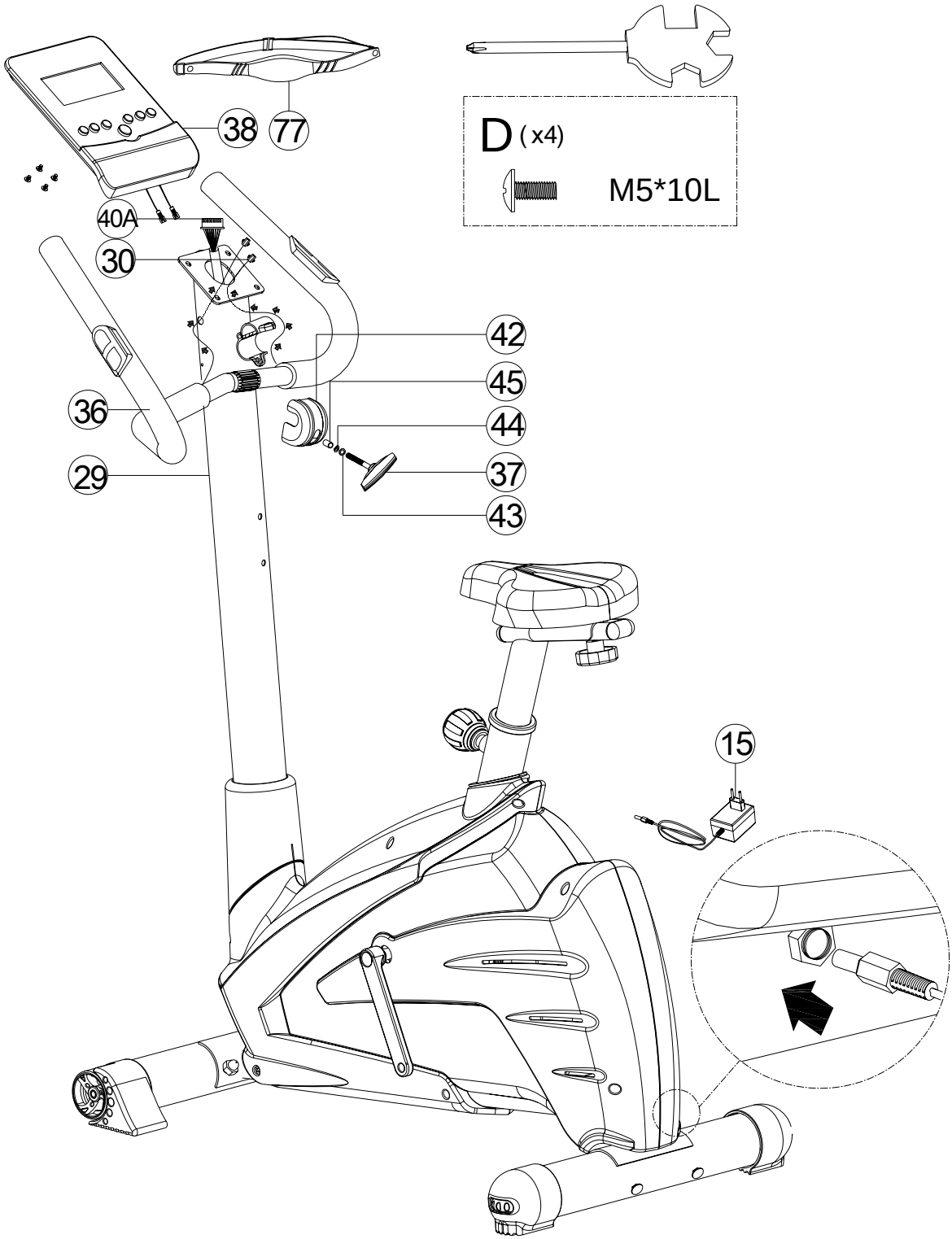
1) Assemble the seat (10) to the adjustable seat tube (11) by the flat washer (12) and the Nylon nut (13) shown as fig. a.
2) Put the seat post (9) into the main frame (1). And adjust the seat post up and down via the round knob (31) shown as fig. b.
3) The user could adjust the seat (10) backward and frontward by adjusting the screw knob (18) shown as fig. c.

Step 3



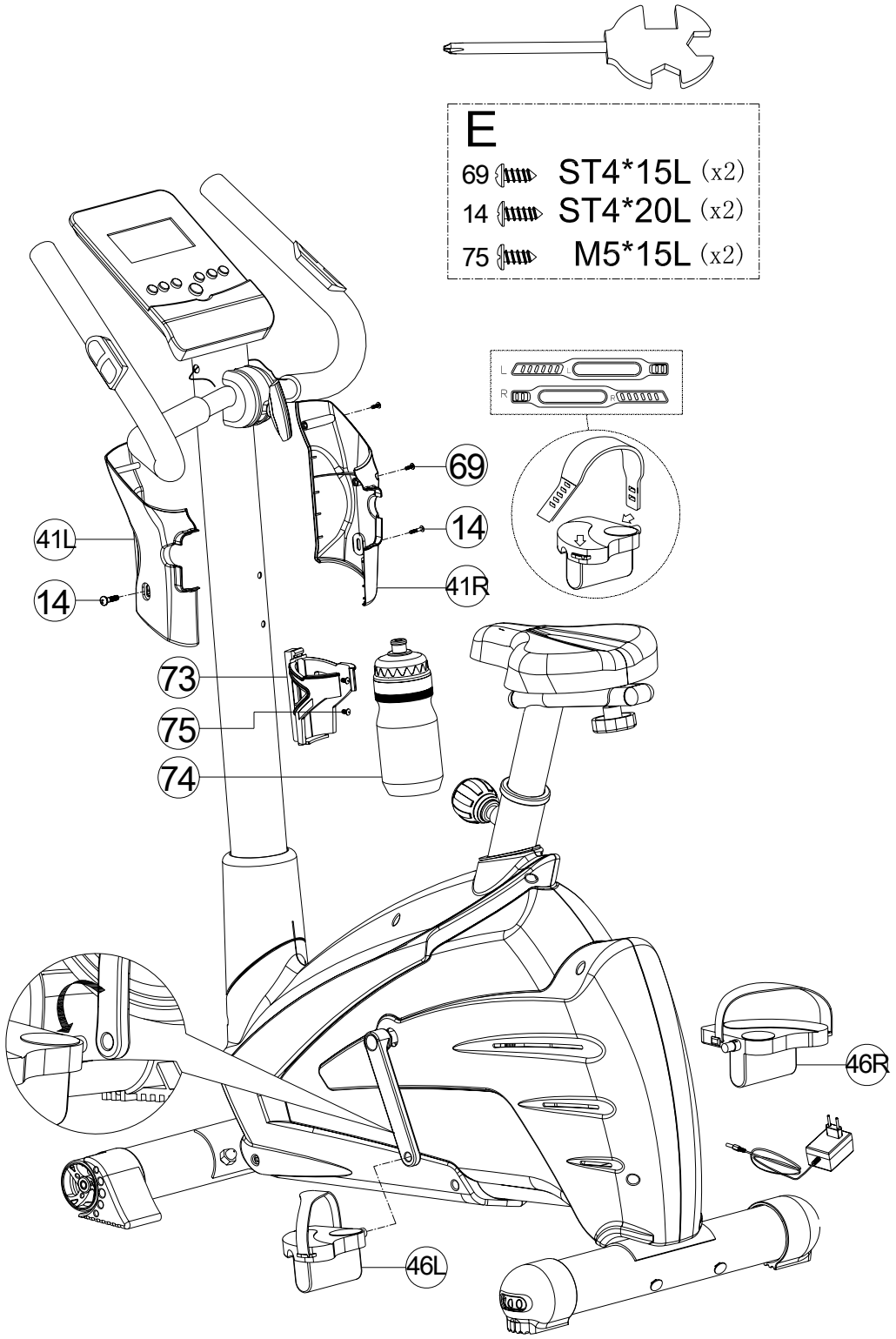
1) Assemble the upper protective cover (28) to the handlebar post (29) shown as fig. a.
2) Connect the upper computer cable (40A) with the lower computer cable (40B) that is pre-assembled to the motor (65) shown as fig. b.
3) Assemble the handlebar post (29) to the main frame (1) by the bolt (20), the spring washer (51) and the curved washer (53).

Step 4



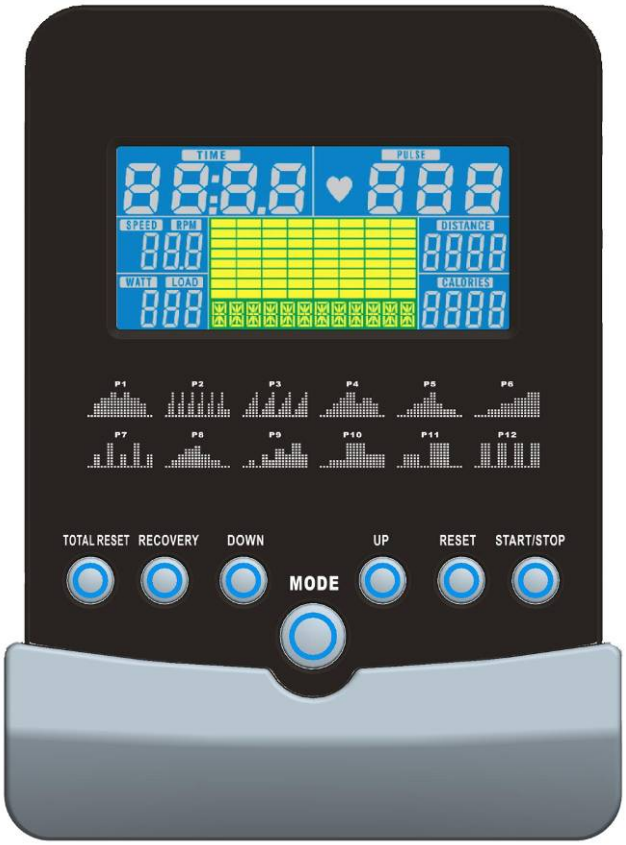
1) Assemble the handle bar (36) to the handle bar post (29) by fixing the cover (42), the flat washer (43), the spring washer (44), the bushing (45) and the T-shaped knob (37).
2) Connecting the upper computer cable (40A) and the handle pulse cable (30) with the computer (38). And then assemble the computer onto the handle bar post (29) by fixing the screw (59).
3) The user could adjust the position of the handlebar by turning the T-shaped knob.

Step 5



1) Assemble the computer brackets (41L)& (41R) to the handle bar post by fixing the screw (69) and the screw (14).
2) Assemble the waterbottle holder (73) and waterbottle (74) to the handle bar post (29) by fixing the screw(75)
3). Assemble the pedals (46L) & (46R) to the crank.

Computer Operation Instructions
SM-2780-71



BUTTON FUNCTION:

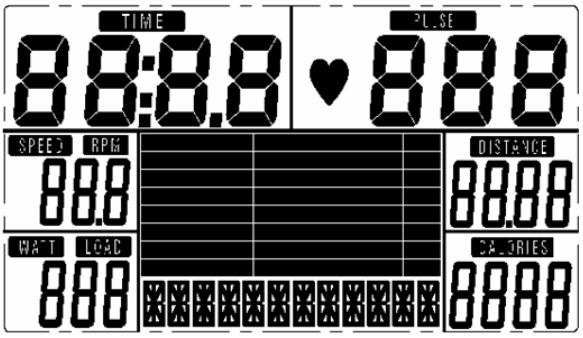
MODE/ENTER : In stop mode, the mode is to confirm all exercise data setting, and enter into program.
RESET : In stop mode, press the button back to main menu.
START/STOP : To start or stop exercise.
RECOVERY : To test hear rate recovery status.
UP : To select training mode and adjust function value up.
DOWN : To select training mode and adjust function value down.
BODY FAT : For body fat measurement

DISPLAY EXERCISE DATA:

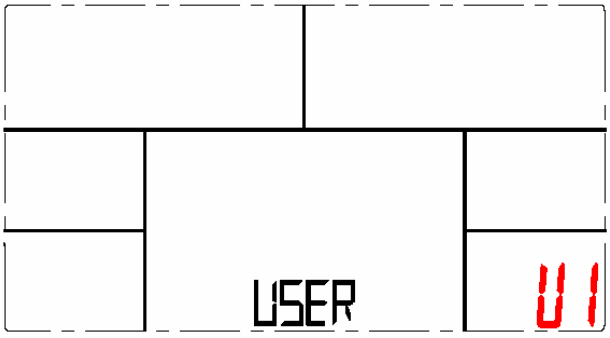
TIME : Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE : Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES : Display range 0~9999 ; Setting range 0.00~9990
PULSE : Display range P-30~240 ; Setting range 0-30~240
WATT : Display range 0~999 ; Setting range 10~350
SPEED : 0~99.9km
RPM : 0~999

OPERATION PROCEDURE

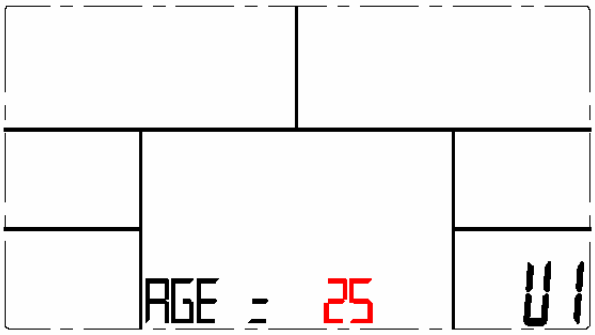
1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B~C)
2. After user data set up, computer will display main menu (drawing D).



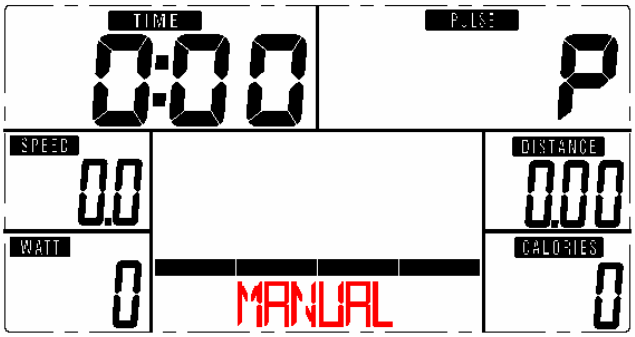
Drawing A



Drawing B

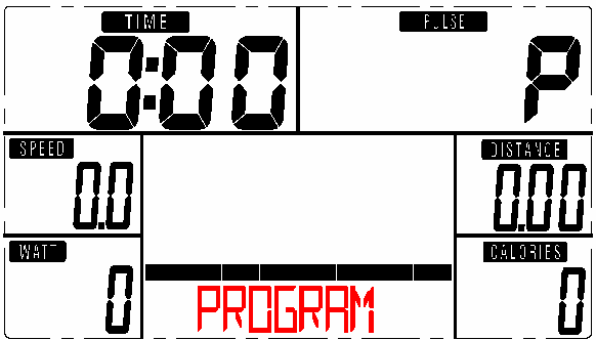


Drawing C

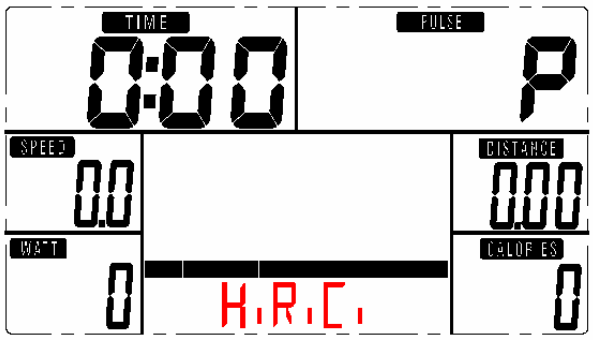


Drawing D

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) (drawing E)→PROGRAM→USER PROGRAM→ HRC→WATT.



Drawing E



Drawing F

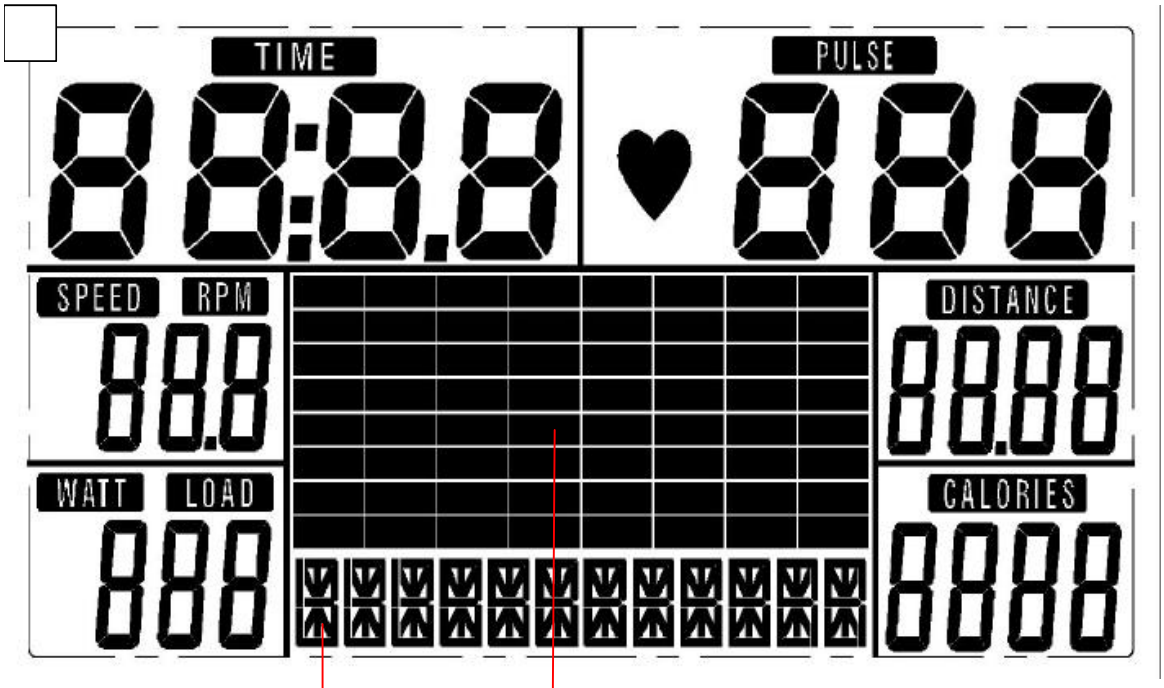
4. Quick Start and Manual :
   Before exercise in Manual mode, user my set up TIME, DISTANCE, CALORIES and PULSE target.
   After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.
   Level can be adjusted during exercise by press UP or DOWN.

5. PROGRAM :
   Before exercise in Program mode, user may set up TIME target.
   Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm. Level can be adjusted during exercise by press UP or DOWN.

6. H.R.C. :
   Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 240.

7. USER PROGRAM :
   User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting.

8. WATT :
   The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.



Brick area display total 8 rolls and every profile are composing of 20 rolls. While exercise, profile display shall rolling for every rolls until user finish exercise for it selected profile.

Alpha-numeric display user's selected program name (Manual→Program→User→HRC→ WATT) to remind user he/she is under which workout program.

NOTE:

1. This computer require 9V, 0.5mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

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